

Expedition Kit List

check	
	walking boots (with ankle support and good sole grip)
	walking socks (consider liner socks)
	loose fitting walking trousers (1 always spare in DRYBAG)
	underwear
	T shirts (not cotton)(1 always spare in DRYBAG)
	pullover or fleece (not Cotton)(1 always spare in DRYBAG)
	waterproof and windproof jacket (taped seams)
	waterproof over-trousers
	warm hat (dafter the better),gloves
	sunhat /bandana
	rucksack (65litre minimum)
	sleeping mat
	2 x 1 litre bottle
	sleeping bag (3 Season minimum)
	torch (preferably head torch)+ spare batteries
	DRYBAG heavy duty gardening sacks/rucksack liners (<u>not</u> bin liners)
	spoon, Bowl
	notebook and sharpie
	whistle
	sun block
	waterproof matches/lighter(keep in DRYBAG)
	watch(essential for judging distance)
	Pan Scourer/soap
	PERSONAL FIRST AID KIT(Keep in DRYBAG)
	antiseptic wipes
	assorted plasters
	1 x medium wound dressing
	sufficient personal medication (Antihistamine Ventolin inhalers/skin cream etc)

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